



# GIG BUDDIES

## VIRTUAL INSANTIY

WEEK 1

MONDAY 23RD MARCH 2020

Hi Everyone,

As you know, we're unable to continue running Gig Buddies as usual for a while. We're not sure how long this will be for, but during this difficult time we wanted to make sure that we can still come together and have a great time!

We've created 'Gig Buddies: Virtual Insanity', and we're taking Gig Buddies online! Over the next few weeks we'll be running weekly competitions with the chance for people to win some cool prizes, making music videos, attending online music festivals, and so much more!

We're going to be sending out a weekly 'Virtual Insanity' newsletter in an email every Monday morning. This will include all events for that week, stories from members across Scotland, and the latest virus health advice.

All the information you need to get involved is in this newsletter. We're really excited to be able to continue Gig Buddies in these challenging times and we can't wait to get everyone involved in the plans we have!

Sam, Debbie, and Molly  
Gig Buddies Scotland

### CONTACT US



'Gig Buddies Scotland'



@gigbuddies\_scot

Email

[gigbuddies@thera.co.uk](mailto:gigbuddies@thera.co.uk)





# HOW DO I GET INVOLVED?

Find us on



We're going to be doing most things through Facebook. All of our events, competitions and updates will be posted to our 'Gig Buddies Scotland' facebook page. Make sure you go over there now and click 'Like' to stay up to date!



**Gig Buddies - Scotland**

Non-profit organisation

Edinburgh, United Kingdom

✓ Liked ▾

For Gig Buddies Members and Volunteers, we are creating a private Facebook group that you can be added to so that you can talk to other Gig Buddies members. In order to be added to the group, you will need to find the profile 'Gig-Buddies Scotland-Coordinator' and add them as a friend.



**Gig-Buddies Scotland-Coordinator**

Friend

4 mutual friends

Lives in Edinburgh, United Kingdom

✓ Friends ▾

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We will also be sending out a weekly newsletter in an email and posting it on Facebook. We'll keep everyone up to date if anything needs to change.

# A VIRTUAL MUSIC FESTIVAL



Our friends at Stay Up Late have organised 'Coronavirus Fest'! This is an online, virtual music festival. Every night from 8pm-10pm 2 acts will be live-streamed through Facebook, and you can watch it all for FREE! We will be sharing this on our Facebook page every night, but you can also head over and 'like' their page to stay up to date.

The line up for each day will be posted on their Facebook page, so remember to give it a 'like' to make sure you see all the updates.

We're also looking at ways that we'll be able to chat to each other while gig is happening. For those of you in our private Facebook group, we are going to try and set up a group chat using Facebook Messenger so that we can all be together, just like a real festival!



Gig Buddies  
Coronavirus Fest  
@coronavirusfest

*'WE'LL ALWAYS BE TOGETHER...  
TOGETHER IN ELECTRIC DREAMS'*



# CORONAVIRUS FESTIVAL

## GIG BUDDIES SCOTLAND TAKEOVER - MARCH 31ST

On Tuesday 31st March at 9pm, Gig Buddies Scotland will be taking over the Coronavirus Festival livestream! Sam will be live, taking song requests and chatting with anyone who drops by in the chat.

Let us know any ideas you have for the event. This is OUR stream to do what we want with! We'll be promoting the event throughout the next week but make sure you follow the 'Gig Buddies Coronavirus Fest' Facebook page to see it go live. We will also share it on our page as soon as it starts.



Gig Buddies  
Coronavirus Fest  
@coronavirusfest



**GIGBUDDIESSCOTLANDTAKEOVER**

[f /gigbuddiesscotland](#) [t @gigbuddies\\_scot](#)



Going live  
Tuesday 31st March  
9pm

# WEEKLY CHALLENGE



## BEST ROCK SELFIE

We're going to be running weekly competitions with the chance for our members to win prizes! You will have from Monday to Friday to submit your entries and the winner will be announced in the next weeks 'Virtual Insanity' Newsletter.

This week we want to see your rock faces, with your best rock selfies! We want to see hard rock headbanging, devil horns and denim, glitter and guitars. Get creative!

The winner will receive 2 tickets to a future show of their choice from our friends at [gigsinscotland.com](http://gigsinscotland.com)!



Send your selfie to us through Facebook, Twitter or in an email. Make sure to use #gigbuddiesrockselfie !

We want to see as many selfies as possible! If you're not a Gig Buddies Scotland member, we can't offer you the tickets as a prize, but you can still win some merch! The best photo from someone who isn't a member will win a Gig Buddies Scotland tote bag!

## OUR ROCK SELFIES

Here's some inspiration to get you started.  
We can't wait to see what you send us!



**#GIGBUDDIES  
ROCKSELFIE**

# VIRUS ADVICE



We want our members to connect and have fun in this difficult time, but it's still really important that everyone stays safe. We're going to be including links to the latest health advice in each of our weekly newsletters.

## EASY READ FROM MENCAP

For a great easy read guide on everything you need to know, head over to:  
[www.mencap.org.uk/advice-and-support/health/coronavirus](http://www.mencap.org.uk/advice-and-support/health/coronavirus)

## NHS ADVICE

For all up to date health advice and 'stay at home' guidelines, please go to:  
[www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)

**PLEASE FOLLOW THE ADVICE  
AND KEEP YOURSELF SAFE**



# STAY IN TOUCH WITH US

## GET IN TOUCH WITH US

We'll be sending out another newsletter next monday, but you can still get in touch with your local coordinator the usual way and we'll be more than happy to answer your questions. Rememer to follow us on Facebook and check your emails for all up to date information.



Gig Buddies Scotland

## WE'LL STAY IN TOUCH WITH YOU

We're going to be getting in touch with our members individually over the phone. We want to make sure that everyone knows how to stay connected with the group.

*DONT BE A STRANGER. GET IN TOUCH.  
SEND US YOUR SELFIES AND STORIES.  
OUR NEXT NEWSLETTER IS OUT ON MONDAY 30TH*